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LIVE

The dōTERRA Lifestyle

Transform Your Health

Welcome to the dōTERRA difference, where changing lives is the norm, and improving your health is our top priority. Use this guide to discover the powerful benefits of essential oils and create a wellness plan that sticks.



Live a Wellness Lifestyle

The dōTERRA Wellness Lifestyle Pyramid illustrates the partnership between lifestyle and healthcare. When lifestyle is the focus, health is naturally achieved and maintained. As you use these powerful products and live healthy daily habits, you'll experience new levels of wholeness.

Envision a life where finding solutions is simple. With an essential oil reference guide and a box of dōTERRA CPTG® essential oils at your fingertips, you'll be prepared to address 80% of your health priorities. For those times when you need additional care, partner with practitioners who support you in finding the best proven natural solutions.



See individual labels for ingredients, cautions, and instruction for use.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Much of the evidence supporting these claims is based on pre-clinical studies. More confirming research is needed, and dōTERRA is committed to the science and research of essential oils.

Nutrition & Digestion

Give your body what it needs to thrive. It all starts with optimal daily nutrition and digestive support. dōTERRA whole-food supplements are an ideal companion for your essential oils.



DAILY WELLNESS HABITS

- Eat whole, fresh foods.
- Decrease consumption of sugar, caffeine, dairy, and processed foods.



GREEN SMOOTHIE

½ banana, frozen
½ cup blueberries or strawberries, frozen
2 handfuls of baby spinach or kale
1 ½ cups vanilla almond milk, unsweetened
1 scoop dōTERRA Protein
1 scoop dōTERRA Greens
1 tsp IQ Mega® (optional)
Combine all ingredients in a blender.

OATMEAL

Add Cinnamon Bark, dōTERRA On Guard®, or Wild Orange to your oatmeal.

PRODUCE WASH

Wash off pesticides, germs, and residues by filling the sink with cold water, ½ cup of white vinegar, and 6 drops of Lemon essential oil. Soak the fruits and vegetables, and then rinse.

Nutrition



dōTERRA Lifelong Vitality Pack®
Offers crucial bioavailable micronutrients and cellular support.*



dōTERRA Protein
Premium protein blend supports building muscle, managing appetite, and recovering after workouts*. Available in chocolate, vanilla, and vegan.
Blend with a preferred beverage or add to your daily smoothie.



dōTERRA Greens
Enjoy this tasty, nourishing mix of responsibly sourced superfoods, essential nutrients, and dietary fiber.



dōTERRA a2z Chewable™ and IQ Mega®
Start your children's day off with great nutrition as they're growing and developing.

Digestion



DigestZen TerraZyme®
Supports healthy digestion and metabolic processes with whole-food enzymes.*



PB Assist+® and PB Assist® Jr
Provides healthy intestinal flora and immune support.*



dōTERRA Fiber
Supports regular healthy digestion.* Also helps optimize appetite control and already healthy blood sugar levels.*

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Movement

Your body is meant for movement. Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems. Essential oils and supplements support greater flexibility and ease feelings of tension in the body. Together, both can enhance your ability to stay active and strong.



DAILY WELLNESS HABITS

- Make time for 30+ minutes of daily movement.
- Stretch or practice yoga to increase flexibility.



Movement

CHOCO-PEPPERMINT PROTEIN SMOOTHIE

1 cup coconut water or almond milk
1 scoop dōTERRA Chocolate Protein
1 drop Peppermint essential oil
Ice (as desired)

Blend all ingredients until smooth.

BERRY-ORANGE PROTEIN SMOOTHIE

1 cup coconut water or almond milk
1 scoop dōTERRA Vanilla Protein
1 cup frozen berries
1 banana
3 drops Wild Orange essential oil
Ice (as desired)

Blend all ingredients until smooth



Deep Blue® Rub

Provides a soothing effect to the back, shoulders, neck, knees, feet, and other areas of concern.

Apply before and after exercise or activity to support ease of movement and recovery.



Deep Blue® Stick + Copaiba

Topical analgesic that offers temporary relief from minor aches and pains associated with arthritis, sprains, strains, and bruises.

Apply to any area of concern as needed.



Deep Blue Polyphenol Complex®

Soothes aches and discomforts and supports muscle and joint function.*

Take 1–3 capsules daily with meals or take 2 capsules for extra support.



Mito2Max®

An energy and stamina complex that supports healthy cellular energy production and promotes healthy circulation.*

Take 1 capsule with breakfast and lunch. Use as a natural substitute for caffeinated drinks.



Turmeric Dual Chamber Capsules

Supports a healthy inflammatory response in the body.*

Take 1 capsule with breakfast and another with dinner to support an active lifestyle.



Copaiba Softgels

Supports the healthy functioning of the cardiovascular system and a healthy inflammatory response in the body.*

Take 1 softgel as needed.

See individual labels for ingredients, cautions, and instruction for use.

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Metabolism

Your metabolic health and biological age are inseparable. As you age, so does your metabolic function. Your metabolism influences your energy, weight, body composition, quality of sleep, and cognition. The stronger and healthier your metabolic function, the better you feel from the inside out. Use the complete 3-step MetaPWR™ system to optimize your metabolic health and live your most powerful life.

DAILY METABOLIC ROUTINE

Combine the MetaPWR™ products with a well-balanced, whole-food diet to optimize results.

BREAKFAST

- dōTERRA® Protein smoothie with Fiber and Greens
- 1 sachet MetaPWR™ Advantage in shaker bottle
- 1 MetaPWR™ softgel or 2–4 drops of blend in water

LUNCH

- 1–2 DigestZen TerraZyme® capsules with nutritious, whole-food meal
- 1 MetaPWR™ softgel or 2–4 drops of blend in water

DINNER

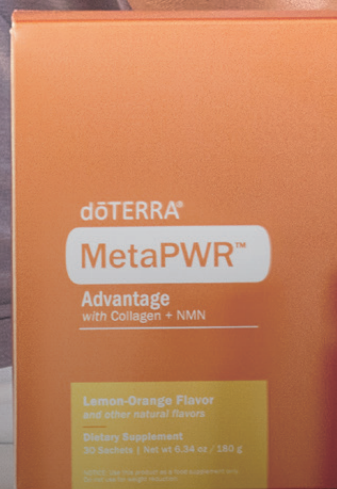
- 1 MetaPWR™ Assist capsule 15–30 mins before largest whole-food meal
- 1–2 DigestZen TerraZyme® capsules
- 1 MetaPWR™ softgel or 2–4 drops of blend in water

BEDTIME

- 1 MetaPWR™ softgel (optional)

DAILY WELLNESS HABITS

- Eat a whole-food diet, move more often, and focus on quality sleep.
- Use smart supplementation to complement targeted metabolic health efforts.



dōTERRA® MetaPWR™



STEP 1: CURB CRAVINGS, REDUCE FAT CELLS[†]

MetaPWR™ Metabolic Blend—15mL, Softgels, Beadlets, Satiety Gum

Helps support healthy metabolic function, curb cravings, promote mindful eating and appetite control, and inhibit adipose fat cell maturation or growth when ingested.*[†]



Softgels:

Take 1 softgel one or more times daily.



Beadlets:

Dissolve 1-2 in mouth.



Oil Blend:

Add 2-4 drops to water one or more times daily.



MetaPWR™ Satiety Gum

Chew 1 or more pieces daily to help control appetite and overeating.*

STEP 2: SMOOTH THE SPIKES & DIPS



MetaPWR™ Metabolic Assist

Helps maintain optimum energy levels throughout the day, reduce carbohydrate digestion, and support blood sugar regulation already in the normal range.*[†]

Take 1 capsule daily 15-30 mins before largest meal.

STEP 3: LOOK BETTER, FEEL YOUNGER



MetaPWR™ Advantage

Helps support a healthy metabolism, slow signs of metabolic aging,[†] extend your health-span, and improve skin elasticity, density, and firmness.*

Take 1 sachet daily with a cool drink of choice and shake well.

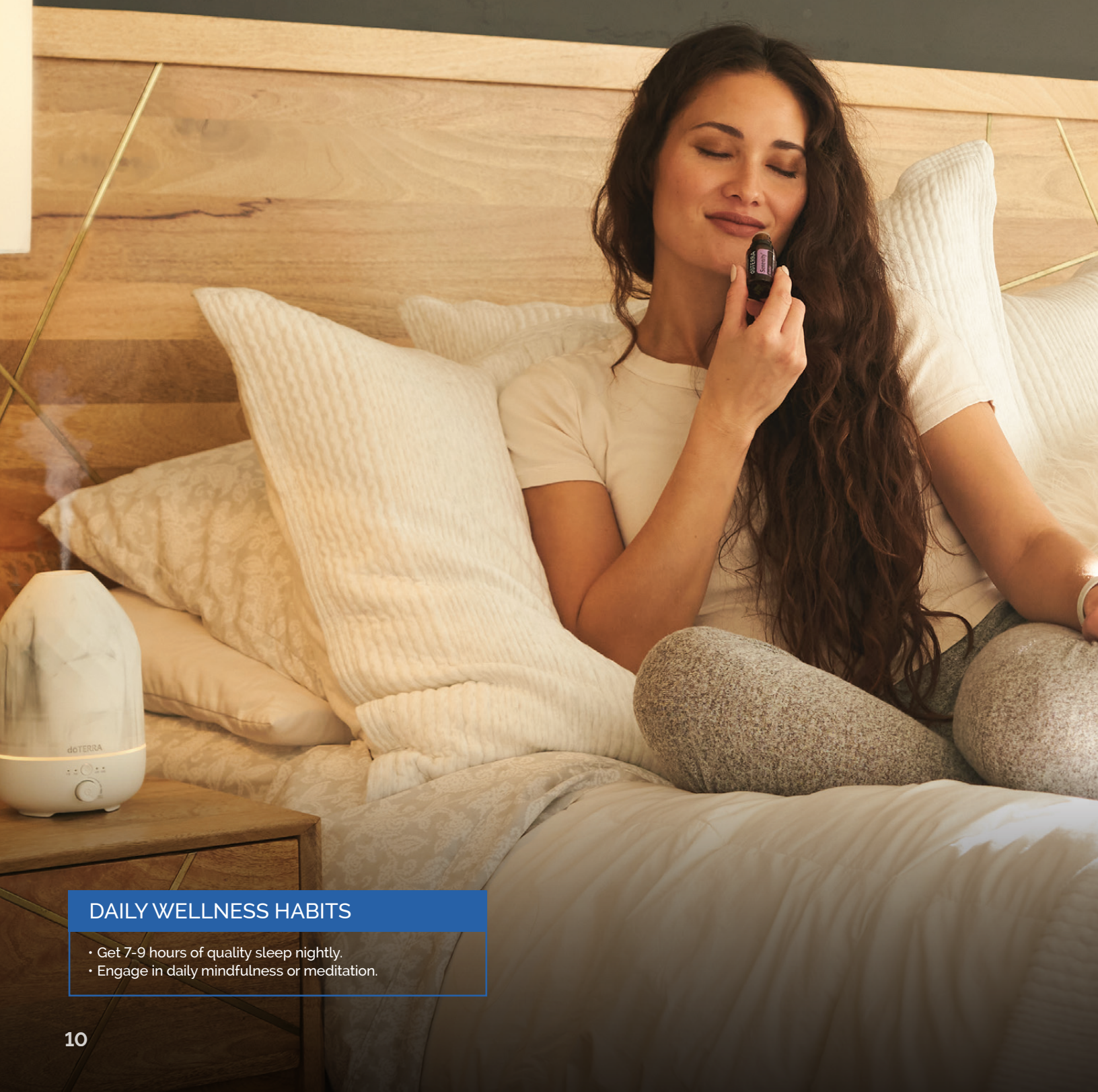
See individual labels for ingredients, cautions, and instruction for use.

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†More confirming clinical research is needed.

Rest & Manage Stress

Essential oils provide dynamic support for getting consistent quality sleep and managing stress. Create an environment where your sleep gives your body the opportunity to repair and renew. Choose solutions to keep feeling great and stay centered no matter what life throws at you.



DAILY WELLNESS HABITS

- Get 7-9 hours of quality sleep nightly.
- Engage in daily mindfulness or meditation.



Prioritize Rest



dōTERRA Serenity® and Lavender

Place 1–2 drops on your pillow for peaceful dreams.



dōTERRA Serenity® Softgels

*Take 1–2 softgels before bed for deep, rejuvenating sleep.**



dōTERRA Peace® and Cedarwood

Massage 1–3 drops on feet and forehead at the end of a long day for a calming, relaxing aroma in a flash.



Calmer®

Roll on to the back of the neck and chest as part of a relaxing nightly ritual.

RELAXING BATH SALTS

1 cup Epsom salts

10 drops dōTERRA Balance®, dōTERRA Serenity®, or Lavender

Mix and pour into your bath.



Manage Stress



Citrus Bliss®

Put a drop in your palm and inhale for a quick pick-me-up. Diffuse for an uplifting environment.



Black Spruce

Diffuse to create a steadying environment.



dōTERRA Balance®

Apply to bottoms of feet to start your day. Diffuse to create a calming, grounding space during demanding or difficult times.



dōTERRA Cheer®

Apply to the wrists or pulse points for a cheerful boost of happiness and positivity to your environment throughout the day.

Consider using other blends in the dōTERRA Emotional Aromatherapy® system as desired.

The Adaptiv® System



Adaptiv Calming Blend is the answer during life's most demanding moments. Diffuse or roll on to create a calming atmosphere. Adaptiv Capsules combine clinically studied botanicals with a blend of essential oils to help you adapt to stressful situations.*

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Reduce Toxic Exposure & Support Detoxification

Support your body's natural detoxification pathways by experiencing the dōTERRA 30-Day Cleanse. Occasional cleansing may enhance your metabolism,* support your efforts to achieve a healthy weight,* improve your digestive function,* and increase your energy.*

Download the
dōTERRA 30-Day
Cleanse Program.



DAILY WELLNESS HABITS

- Drink 8 or more glasses of water daily.
- Use citrus oils in your water daily for gentle, natural cleansing.



Experience the doTERRA 30-Day Cleanse

DAYS 1-30



MAXIMIZE NUTRITION AND SUPPORT
LONGEVITY

doTERRA Lifelong Vitality Pack®

*Take 2 capsules of each supplement with
morning and evening meals.*



SUPPORT HEALTHY DIGESTION
AND METABOLISM*

**DigestZen
TerraZyme®**

Take 1-2 capsules with each meal daily.



CLEANSE
Lemon

Add 3-5 drops to drinking water 3 times daily.



Zendocrine® Detoxification Complex

Take 1-2 capsules with morning and evening meals.

DAYS 1-10



SUPPORT FILTERING ORGANS*

Zendocrine® Softgels

Take 1-2 softgels twice daily.

DAYS 11-20



CLEANSE INTESTINAL TRACT*

GX Assist®

Take 1 softgel with evening meal.

DAYS 21-30



SUPPORT HEALTHY DIGESTIVE
FUNCTION AND IMMUNITY*

PB Assist+®

*Take 3 capsules with evening meal
or at bedtime.*



SUPPORT CELLULAR HEALTH*

DDR Prime® Softgels

Take 1-2 softgels with meals twice daily.



Cleanse & Restore Kit

These cleansing products are
available in the convenient,
discounted collection.

See individual labels for ingredients, cautions, and instruction for use.

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Natural Home Care

A clean home doesn't need to come at the cost of your health. Go greener by replacing synthetic products with safe, plant-based, nontoxic, and natural cleaners that contain pure CPTG® essential oils.

DAILY WELLNESS HABITS

- Eliminate chemical-based cleaning products.
- Use safe and natural cleansers and detergents.

dōTERRA® abode™



Time and time again, essential oils outperform synthetic counterparts when it comes to purifying any surface or space. Free of phosphates, phthalates, dyes, sulfates, and chlorine, these plant-based products come in recyclable containers, use natural enzymes, and feature the abode Refreshing Blend to provide a natural, fresh aroma and deliver effective results.



**dōTERRA
abode Refreshing Blend**

A high-powered essential oil blend, perfect for making nontoxic DIY cleaners and refreshing the air in any space.



**abode
Citrus Bloom® Foaming Hand Wash
Concentrate**

Effective against impurities, leaving the hands fresh and clean.



**abode
Citrus Bloom Hand Lotion**

Perfect for relieving dryness and helping the hands feel hydrated and nourished.



**abode
Dishwasher Pods and Liquid Dish Soap**

Tough on grease, leaving dishes, glassware, pots, and pans sparkling clean.



**abode
Multi-Purpose Surface Cleaner Concentrate**

Safely clean nonporous household surfaces, including where food is prepared.



**abode
Laundry Pods**

Gentle on clothes and tough on dirt, leaving every load fresh, clean, and bright.



The abode line features beautiful, highly durable glass bottles. They're intended to buy once and refill again and again, making it simple to reduce, reuse, and recycle.

Natural Self-Care

You don't have to settle for questionable ingredients in your self-care routine. Avoid adding to your body's toxic load. Instead, choose safe and natural products that provide a cleaner lifestyle. Replace more synthetic personal care products with dōTERRA naturally formulated essential oil-based options.



DAILY WELLNESS HABITS

- Eliminate chemical-based self-care products.
- Use safe and natural products in your self-care routine.



Essential Skin Care

Designed to meet all your anti-aging and skincare needs. Use twice daily to keep the skin feeling healthy and looking young.



Yarrow | Pom Collection

A powerful three-layer botanical approach to beauty, inside and out. Use daily for a youthful glow.



dōTERRA® Hair Care

Use essential-oil infused premium hair products: Protecting Shampoo, Daily Conditioner, and Leave-in Conditioner or alternative bar options.



Oral Health

Use dōTERRA On Guard® Natural Whitening Toothpaste and Mouthwash morning and night to naturally brighten your smile.



dōTERRA® Sun Care

Protect your body and skin with moisturizing and effective products free of harsh ingredients.

Informed Self-Care

Make it a habit to use dōTERRA natural solutions as your first line of defense. When life's challenges arise, use a trusted essential oil reference book to search the possibilities of solutions at your fingertips.

Oils on the Go



8-VIAL KEYCHAIN

Pack your eight most frequently used essential oils and be ready for anything!

KEYCHAIN FAVORITES

Lavender	dōTERRA On Guard®
DigestZen®	Frankincense
Peppermint	Deep Blue®
dōTERRA Breathe®	Tea Tree

DAILY WELLNESS HABITS

- Turn to natural solutions as your first line of defense.
- Refer to an essential oil reference book for possibilities.



**dōTERRA
On Guard® Hand Sanitizing Gel and Mist**

Spray or apply naturally derived hand sanitizing mist or gel, 99% effective against most common germs (see label for list).



**dōTERRA
On Guard+™ Softgels and Throat Drops**

*Consume 1 or more softgels or throat drops as needed to promote healthy immune function and soothe a dry throat.**



**dōTERRA
Breathe**

Diffuse, apply, or enjoy a drop to create feelings of easy breathing and open airways.



Correct-X®

Use this natural ointment for any minor skin irritations.



Lavender

Apply topically to soothe occasional skin irritations.



Peppermint

Apply for a cooling sensation. Dilute as needed.



Tea Tree

For occasional skin irritations, apply 1–2 drops onto the affected area.



ClaryCalm®

Roll this women's monthly blend on lower abdomen and use with a heating pad.

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Customize Your Wellness Plan

NUTRITION & DIGESTION



☐ dōTERRA Lifelong Vitality Pack®

Fuel, Support, and Fortify



☐ dōTERRA a2z Chewable™



☐ IQ Mega®



☐ dōTERRA® Greens



☐ dōTERRA Protein

MOVEMENT & METABOLISM



☐ Deep Blue®



☐ Mito2Max®



☐ Copaiba Softgels



☐ Turmeric Capsules

Soothe and Energize

REST & MANAGE STRESS



☐ Lavender



☐ dōTERRA Serenity®



☐ dōTERRA Serenity® Softgels



☐ Volo® Diffuser



☐ dōTERRA Peace®



☐ Calmer



☐ Cedarwood

Support Sleep and Rest

REDUCE TOXIC EXPOSURE & SUPPORT DETOXIFICATION



☐ Lemon



☐ Zendocrine® Softgels



☐ Oral Health



☐ Essential Skin Care



☐ Yarrow | Pom



☐ Hair Care

Support Cleansing

Natural Self-Care

INFORMED SELF-CARE



☐ dōTERRA On Guard®



☐ dōTERRA Breathe®



☐ DigestZen®



☐ Peppermint

Protect and Restore



Check the products that will help you achieve your health goals and experience remarkable changes in how you feel.

On the next page, create your 90-day wellness plan and record each future month's product wish list in the spaces provided.

Support Digestion



Kits and Collections



Strengthen Metabolism



MetaPWR System



Manage Stress and Mood



Calm and Harmony Kit



Natural Home Care



Cleanse & Restore Kit



1 Write down your health priorities and find solutions.

2 Create your daily wellness plan.

*When beginning dōTERRA Lifelong Vitality Pack®, start with half doses for two weeks. with Meal

3 What other wellness choices could support your goals?

4 Live empowered with natural solutions.

TOTAL PV

Make Wellness Complete

The dōTERRA® Lifelong Vitality Program makes taking the first step on the path toward a lifetime of wellness convenient and affordable. These essential nutrients can be paired perfectly with any of the Wellness Programs or your essential oils to maximize results.



Alpha CRS+® Cellular Vitality Complex contains powerful polyphenols that protect cells from free radicals, which can damage cellular DNA, mitochondria, and other critical cell structures.*



xEO Mega® contains ultra pure essential fatty acids and other fat-soluble nutrients that provide many systemic benefits, including support to heart, circulatory, brain, and cellular health.*



Microplex VMz® is a balanced formula of essential vitamins and bioavailable minerals, carefully formulated to provide optimal levels of key micronutrients that support energy and immune functions.*

The Smartest Way to Buy

For greater savings and opportunities to receive free products, create a loyalty order.



Purchase 1 dōTERRA Lifelong Vitality Pack® or MetaPWR™ Advantage

Choose Up to 3 Additional Supplements at Reduced Prices.



Microplex VMz



xEO Mega



Mito2Max®



Deep Blue Polyphenol Complex®



DigestZen TerraZyme®



PB Assist+®



MetaPWR™ Assist & Beadlets



MetaPWR™ Advantage



Kids Kit IQ Mega® and azz Chewable™

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Loyalty Rewards Program

Earn Free Products of Your Choice

The dōTERRA Loyalty Rewards Program (LRP) provides an automatic monthly shipment of products you use on a regular basis. If your loyalty order contains at least 50 PV,* you immediately begin to earn product points that can be used as cash to receive free dōTERRA products. The longer you participate, the more points you can earn—up to 30% of your total monthly LRP purchases!

Loyalty Rewards Program FAQs

How do I get free products?

EARN FREE PRODUCT POINTS IN ADDITION TO YOUR 25% DISCOUNT

LRP BENEFITS: PERCENTAGE BACK IN PRODUCT POINTS FOR FREE PRODUCTS



TOTAL SAVINGS AND PRODUCT POINTS:



How do I get 30% back in free product points?

Your Loyalty Rewards percentage grows over time and can begin on your first order when you sign up for a qualifying LRP order with your enrollment. Your percentage grows by 5% every three months when your orders are over 50 PV until you reach the maximum of 30%.

How do I maximize dōTERRA specials?

Place a loyalty order of at least 125 PV (Personal Volume) between the 5th and the 15th. This sets you up to receive the Product of the Month for free and take advantage of additional promotions. Pay attention to the PV versus price, as many specials are PV-related and start on the first of the month.

PRODUCT VALUE (PV) MUST EXCEED	1	50	100	125
Maintain LRP points previously earned	●	●	●	●
Earn LRP product points (to use for free products) and increase percentage from 10% to 30%		●	●	●
Qualify to earn commissions			●	●
Get free shipping			●	●
Receive the free Product of the Month (orders placed between the 1st-15th)				●

*PV (Personal Volume): This is a numeric value assigned to each product. It's used as the qualifier for commissions, rank, and promotions. Products purchased with points have no PV.

How do I create a new loyalty order?

Log into doterra.com. Click "Create New LRP Order" or edit items in an existing loyalty order template.

Watch how
to create an
LRP order.



How do I get free shipping on my orders?

All loyalty and enrollment orders over 100 PV will qualify for free shipping. If a loyalty or enrollment order is placed below 100 PV, dōTERRA will give five Shipping Reward Program (SRP) points. SRP product points can be used on future dōTERRA orders.

When can I use my product points?

Redeem your product points anytime within a year from when you earn them.

How do I redeem my LRP points?

In your virtual shopping cart, select "Use Points" on the products you'd like to redeem with your LRP points. New points are added the 15th of the following month after each order placement.

Can I have more than one loyalty order?

Yes. If you need more than your monthly order, simply change your LRP template and run it again on whatever day you choose, or you can set up as many orders as you like in advance. Remember to cancel any orders you don't want to receive the following month prior to your order processing date..

How do I cancel my loyalty order?

You can cancel your loyalty order anytime via phone, online chat, or email to service@doterra.com. dōTERRA customer service can assist you with redeeming any free product points you've accumulated prior to cancellation so points aren't lost. If you cancel your loyalty order, you'll start back at 10% rewards when you resume consistent loyalty order purchasing.

What if I want to return products?

dōTERRA refunds 100% of anything unopened within 30 days of purchase and 90% of the purchase price if opened or used.



Essential Tips

Effectiveness



Use your reference guide to find solutions to health priorities or concerns as they arise.



Different essential oils work for different people. When you're not getting the desired results, try different oils or application methods.



Massage to increase benefits and promote rapid absorption.



Try different application methods: apply under the tongue or to the bottoms of the feet, spine, or navel.



Use oils topically with Fractionated Coconut Oil to enjoy greater sustained absorption.

Safety



Avoid contact with the eyes, inside of the nose, and ears.



Dilute with Fractionated Coconut Oil for sensitive skin. Refer to dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has prediluted oils.



Avoid sun exposure for at least 12 hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.



Read labels and follow recommendations.

Best Practices



Keep your products at their best by avoiding exposure to extreme temperatures or direct sunlight.



Use glass containers with your essential oils, as they can break down some plastics over time.



dōTERRA essential oils are potent. Use smaller amounts more frequently for best results.

Learn More

Member # _____

Password _____

Log in at doterra.com.



Empowered Life Series

doterra.com/US/en/empowered-life-series

View this webinar series to continue learning ways you can use your products.



Essential Oil Solutions Podcast

Subscribe to learn the best ways to use essential oils.



Learn more and get great ideas:

doterra.com/US/en/magazines/doterra-living



Use the dōTERRA Shop app for easy online ordering.



Get an essential oil reference guide or mobile app.

Your Key Support _____

Phone _____

Email _____

Other Support _____

Phone _____

Email _____

Upcoming Local or Online Classes and Events _____

Member Services

Live chat:

doterra.com

Email:

service@doterra.com

US:

Text us now at 343-57

Americas:

+1 800-411-8151

Australia:

+61 (02) 8015-5080

UK:

+44 2033180064

Team Call/Website/Facebook Group(s) _____

Every Bottle Makes a Difference

Consistently using dōTERRA products can change your life, as well as the lives of the growers and their families all over the world. Every drop of essential oil represents hands that have nurtured the earth for our benefit.



Share with those you love.

Change Others' Lives

Host a dōTERRA class to be of service to your friends and family.



Build an income and make an impact.

Change Your Future

Create recurring income and greater freedom by sharing and empowering others with natural solutions.





dōTERRA®
pursue what's **pure**®

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